

## PEG Tube Prep and Instructions

**Purpose:** If you are having trouble with swallowing food, not wanting to eat, not drinking enough fluids or maintaining a healthy weight, your doctor may decide you would benefit from having a Percutaneous Endoscopic Gastrostomy (PEG) tube. A PEG is a type of feeding tube that is placed through the skin into the stomach. This could help you get enough food and fluids to reach and maintain a healthy weight.

**Preparation:** You will not be allowed to eat or drink anything for several hours before the PEG is placed. You will be told when you should no longer eat or drink. Inform your doctor of what medications you are taking and any allergies you may have. You will be given some medicine in the GI lab to help you relax.

**Procedure:** The PEG tube is placed into the stomach using a special instrument called an endoscope. This lighted, flexible instrument can be passed through the mouth and esophagus into the stomach. The doctor is then able to see inside the stomach and locate the best site for your PEG tube. A very small incision is made on the outside of the abdomen using a local anesthetic. Using the endoscope, the PEG tube is positioned in the stomach and secured.

### Special Instructions:

- Always wash your hands well with soap and water before touching your tube.
- Check the PEG site for drainage, skin irritation or redness around the tube.
- You can wash around the tube site with warm soapy water, rinse with clear water and dry the area.

### Notify you doctor of the following:

- Increase in amount of drainage that is thick or foul smelling.
- Reddened area that is swollen, tender, or increases in size.
- Skin irritation that lasts longer than 2 days.
- If you are unable to get feedings through the tube.
- If your tube should come out, cover the site with a gauze bandage and call your doctor immediately.